

# Learn the Risks

**It's Your Body...**



## **Know What You Are Putting Into It**

1. You only get one body, so it is your job to take care of it the best that you can
2. Trying to say NO to things like tobacco and alcohol is often difficult, especially when you are a teen and under peer pressure "to be cool"
3. You need to decide what is right for you- make sure you get ALL of the facts before you jump to a decision
4. Medications, tobacco, and alcohol are all chemicals that cause your bodies to react in different ways
5. Ask your pharmacist about the medications you take and what substances might interfere with them and put you at risk for developing serious side effects
6. If you are unsure about trying something new, wait awhile and give yourself time to make the decision that is right for you- it may very well change your life



**Alabama Department of Rehabilitation Services  
Children's Rehabilitation Service**

Developed  
1999  
KY CSHCN

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